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Administration: 890-5333

Lanny Goodwin, CPRP, Director- lgoodwin@murfreesborotn.gov
Angela Jackson, Asst. Director- ajackson@murfreesborotn.gov

Aquatics: 895-5040 or 893-7439

Nate Williams - nwilliams@murfreesborotn.gov
Niki Witten - nwitten@murfreesborotn.gov

Citywide Athletics:

Thomas Laird, 867-4913 - tlaird@murfreesborotn.gov
Dennis Nipper, 890-5333 - dnipper@murfreesborotn.gov

Cannonsburgh Village:

Shelia Hodges, 890-0355 - shodges@murfreesborotn.gov

Cultural Arts:

Terry Womack, 893-7439 - twomack@murfreesborotn.gov

General / Senior Programs / Special Events:

Marlane Sewell, CPRP, 893-2141 - msewell@murfreesborotn.gov

Wilderness Station:

Rachel Singer, 217-3017 - rsinger@murfreesborotn.gov

Greenway & Wetlands:

Outdoor Programs:

Deborah Paschall, 893-2141 - dpaschall@murfreesborotn.gov

McFadden Community Center:

C.C. Carr, 893-1802 - ccarr@murfreesborotn.gov

Patterson Park Community Center: 893-7439

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Sports*Com: 895-5040

Bart Fite, Superintendent - bfite@murfreesborotn.gov
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Allison Davidson, Fit/Well - adavidson@murfreesborotn.gov

Marketing and Special Events

Becki Johnson, 893-2141 - bjohnson@murfreesborotn.gov

Photography & Design

Meghan Snyder

Join our Email Event List!

Sign up at:

www.murfreesborotn.gov/parks



City of Murfreesboro

Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.

Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on our monthly video: MPRD Update, the segment, In the City, as well as on the daily bulletin.



Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.



Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Mrs. Marilyn Mathis, Mr. Harold Yokley, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

MPRD Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.

Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: www.murfreesborotn.gov and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.

MPRD Website: www.murfreesborotn.gov/parks



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Patterson Community Center

Reservations & Information: 893-7439

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available for rental seven days a week, and the pool on weekends only.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

Sports*Com

Reservations & Information: 895-5040

Sports*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.



Admission & Passes

	Daily	30 Visits	Monthly	Yearly	Family*
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

Premium Pass:

Includes admission to both PPCC and Sports*Com, pool, all areas of the center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass:

Includes admission to both PPCC and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

*Family Pass:

The 90-day family pass includes general admission privileges and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue.

Yearly = Twelve months from date of issue.

Tot Watch

Available at Sports*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child
General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child
Note: Tot Watch is included in the Family Yearly Premium Pass only.

Cannonsburgh Village

Reservations & Information: 890-0355

Cannonsburgh Village is located on 6 acres at 312 South Front Street. This example of a rural southern village is indicative of pioneer villages of the 1800s. The village consists of: the Visitor Center, gristmill, 1800s residence with dogtrot, the Leeman House, Art League and Diorama, L&N Caboose, and the Williamson Chapel. The grounds, chapel, Leeman House and gazebo are available for rental.

Cannonsburgh Hours:

Tuesday - Saturday: 10:00a.m.-5:00p.m.

Sunday: 1-5:00p.m.

Closed on Mondays - Grounds open all year



Wilderness Station

Reservations: 217-3017

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Sunday - 12 - 8p.m.

Monday-Saturday: 8a.m. - 8p.m.

Call us for November hours.



McFadden Community Center

Reservations: 890-5333

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays.

Hours: Monday-Friday 3-8p.m.



Visit

www.murfreesborotn.gov/parks
for more information!

Siegel Park

Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-served. The large shelter is available for rental seven days a week, April-October. Restrooms are open year-round.

Shelter No. B	Seats Approx. 30
Shelter No. C	Seats Approx. 30
Shelter No. A	Seats Approx. 75

Barfield Crescent Park

Reservations: 890-5333

Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-served.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4,9,10	Seat Approx. 24 each

Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local business. Reception Center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.

General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter	Seats Approx. 45
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McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

1 Picnic Shelter	Seats Approx. 80
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Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-serve. The large shelter is available for rental; please call 893-7439.

Large Shelter	Seats Approx. 100
Small Shelter	Seats Approx. 50

Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt St. (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1	Seats Approx. 80
Shelter No. 2	Seats Approx. 45

Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, 24 tennis courts, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental. Picnic tables without shelters located throughout the park are first-come, first-served.

Shelters No. 1, 2	Seat Approx. 80 each
Shelter No. 3	Seats Approx. 120

*Tennis courts at Old Fort Park
are open for play! Call 890-5333 to reserve.*



Locations: 890-5333	Baseball / Softball Fields
Patterson Park & Community Center	Basketball
Sports*Com / McKnight Park	Camping
McFadden Community Center	Bike Path
Wilderness Station	Fitness Center
Cannonsburgh Village	Fishing
Gateway Island	Concessions
Cason Trailhead	Greenway Access
Barfield Crescent Park	Hiking / Jogging
Bark Park - Off-leash dog park	Horseshoes
Jaycees Mini-Park	Room Rentals
Oaklands Park	Picnic Shelter
Rogers Park	Picnic Area
Old Fort Park	Playground
Siegel Soccer & Community Park	Racquetball
Walter Hill Park	Canoe / Kayak Access
West View Mini-Park	Soccer
Murfree Spring Wetlands	Restrooms
Thompson Lane Trailhead	Swimming
Broad Street Trailhead	Tennis
General Bragg Trailhead	Volleyball
Manson Pike Trailhead	
Redoubt Brannan Trailhead	
Old Fort Park Trailhead	
Fortress Rosecrans Trailhead	
Overall Street Trailhead	
Cannonsburgh Trailhead	

The Friends of the Greenway presents: Greenway Art Festival

A gathering of the finest artisans in Tennessee! Artists will be displaying and selling their works along the trail: oils, acrylics, watercolors, pottery, silversmithing, sculpture, glass, and more. Trailside music, food vendors, and activities for children will make this an artistic outing for the whole family.

Artists: This is a juried festival, please contact us for an application.

Ages: All
Date: Saturday, September 18, 2010
Time: 10:00 a.m. to 4:00 p.m.
Location: Old Fort Park
Fee: Free to attend. Please remember that most artists can't take credit cards.
Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

Fall Harvest Hayride

HAYRIDES - LIVE MUSIC - CAMPFIRE - CHILDREN'S ACTIVITIES - HOTDOGS, MARSHMALLOWS, AND MORE!

Join the Friends of the Greenway and Murfreesboro Parks and Recreation Department for this 13th annual event. Old-fashion entertainment that is fun for the whole family.

Ages: All
Date: Friday, October 8
Time: 5:00 p.m. to 8:00 p.m.
Location: General Bragg Trailhead of the Murfreesboro Greenway System, 1540 West College Street
Fee: \$2 per person, ages 2 and under are free. This includes a hayride and marshmallows, food sold separately.
Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

Kid's Concert!

The Zinghoppers! We make positive pop music for preschoolers and their families. We have been called "Barney meets the Black Eyed Peas". Our leader is Conductor Jack (vocals/turntables). He drives his friends Penelope The Possum (vocals/bass), Olo The Donkey (vocals/guitar) and Coconuts The Kangaroo (vocals/drums) to our concerts in the Happy Train. From the classroom to the Kennedy Center we perform over 500 events annually. Parent Magazine named us, "Nashville's #1 Kids Entertainers". We have released several award-winning CDs. Our debut DVD is coming this summer, and we have begun production on our first TV series for preschoolers. So get ready to hop-hop-hop with The Zinghoppers!

Ages: Kids and their families
Date: Sunday, October 10
Time: 2:00 p.m. to 3:00 p.m.
Location: Cason Trailhead of the Murfreesboro Greenway System, 1100 Cason Trail
Fee: Free!
Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

Barfield Halloween Bash



Haunted Hayride

Wednesday, Thursday, Friday, & Saturday
October 20-23, Dark to 9pm

Old Scream Road-Murfreesboro's scariest hayride ever! \$5 per person.

Not-So-Haunted Hayride

Friday & Saturday
October 22 & 23, 5-7pm

A happy hayride in the backcountry-fun for the whole family! \$3 per person.

Carnival

Friday & Saturday
October 22 & 23, Starts at 5pm

Games-Prizes-Costume Contests-Candy-Food-Music-Dancing
Free admission, Fees for food & game tickets.

Barfield Crescent Park

890-5333



barkaroo

Saturday, November 6, 2010 • 10am-2pm

Mutt Market: Vendors of pet products and all things dog-related, plus representatives from dog clubs, rescue organizations, groomers, boarders, and more.

Dog-Gone-Walk-a-Thon: Raise money to benefit the Murfreesboro Bark Park! The Friends of the Greenway invite you to make donations to purchase another new water fountain, additional fencing for an extended play area, and more. 100% of donations will be used on these projects. Walk will begin at 10:00 a.m. A minimum donation of \$10 is requested for the walk; all donations are welcome!

Contests:

*Registration is open from 10:00 a.m. until 15 minutes prior to each contest.

- 11:30 Owner-Dog Look-a-Like
- 12:00 Best Dressed
- 12:30 Best Trick
- 1:00 Mr. and Miss Barkaroo



Harvest Days and Fiber Festival

Come celebrate Fall in true pioneer fashion with old time music and dance, hay rides, pottery demonstrations, broom making, blacksmithing, art and antique auto exhibits, and other fiber demonstrations. Shop from over 40 crafters and food vendors.

- Ages: All
- Date: October 23, 2010
- Day: Saturday
- Time: 10 a.m. – 5 p.m.
- Location: Cannonsburgh Village
- Fee: Free admission
- Contact: Cannonsburgh Village 890-0355 or
e-mail shodges@murfreesborotn.gov



Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding and come prepared to leave your mark on a pumpkin and you might even win the pumpkin decorating contest!

- Ages: 7 -13
- Date: October 22, 2010
- Day: Friday
- Time: 6 p.m. -10 p.m.
- Location: Patterson Park Pool
- Fee: \$7 pre-register
- Contact: Niki Hensley – 615-893-7439 nhensley@murfreesborotn.gov

Pre-School Pumpkin Patch

Join Mrs. Trina for a non-scary special event just for the little trick-or-treaters. Come dressed in your most scary or non-scary costume for an evening of games, activities, a cake walk and a costume contest.

- Ages: 2-5
- Day(s): Friday
- Dates: October 29
- Time: 5-7 pm
- Location: Patterson gym
- Fee: \$3:00/child
- Contact: Trina Pullum 615-893-7439

Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	8a.m.-12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
New! H2O Cardio Class	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / No Open Swim during swim lessons/ 7-8:45p.m.	10a.m.-12:45p.m. / 2-7p.m. / 7-8:45p.m.	10a.m.-12:45p.m. / 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 12)	4-7p.m.	N/A	N/A	8a.m.-12p.m.	N/A

*Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.

New! H2O Cardio Class:

It is a low impact, fast-paced class aimed to up your heart rate and burn those calories off. Don't be fooled though. After your cardio section, there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows.



Sports★Com Indoor Pool Schedule

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. / 11a.m.-1p.m. / 3-6p.m. (1 lane)	6-8a.m. / 11a.m.-1p.m. / 3-6p.m. (1 lane)	8a.m. - 12p.m.	N/A
Shallow H2O Exercise	8-9a.m. / 6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O Exercise	10-11a.m.	9-10a.m. / 4:30-5:30p.m. / 6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6:00p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Open Swim	3-6p.m. / 7-8:45p.m.	7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals 895-5040	N/A	N/A	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Academy (See page 12)	N/A	4-6p.m.	9a.m. - 11a.m.	N/A

Shallow H2O Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.





American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites: 500-yd Swim & 20-yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +
 Dates: September 23 – 26, 2010
 Days: Thursday, Friday, Saturday, and Sunday
 Times: 5:00 p.m. – 9:00 p.m., 5:00 p.m. – 9:00 p.m.,
 8:00 a.m. – 5:00 p.m., & 1:00 p.m. – 5:00 p.m.
 Location: Sports*Com
 Fee: \$145
 Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov
 **Registration is required.

Swim Academy

Fall is the perfect time to improve your child's swimming skills. We proudly offer a wide array of lessons for most ages. Adult Lessons are also available!

Ages: 5 years to Adults
 Dates: Sept. 7 – Sept. 23, 2010 (T&Th)
 Sept. 4 – Sept. 25, 2010 (Sat)
 Oct. 5 – Oct. 21, 2010 (T&Th)
 Oct. 2 – Oct. 23, 2010 (Sat)
 Nov. 2 – Nov. 23, 2010 (T&Th)
 Oct. 30 – Nov. 20, 2010 (Sat)
 Location: Sports*Com Indoor Pool
 Fee: \$60
 Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov
 ** Registration is required.

Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding and come prepared to leave your mark on a pumpkin and you might even win the pumpkin decorating contest!

Ages: 7 -13
 Date: October 22, 2010
 Day: Friday
 Time: 6 p.m. -10 p.m.
 Location: Patterson Park Pool
 Fee: \$7 pre-register
 Contact: Niki Hensley – 615-893-7439 nhensley@murfreesborotn.gov



Fall is the
best time
to learn to
swim!

Swim Preschool

Even though summer has come and gone, water safety should still be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime. Our classes are based on the American Red Cross Learn-to-Swim program and taught by certified Water Safety Instructors.

-Monday & Wednesday classes will run for 3 weeks, meeting twice a week, each class being 30 minutes.

(Mondays & Wednesdays / Classes begin from 3:50 p.m. - 7 p.m. depending on level)

-Saturday classes will run for 4 weeks, each class being 45 minutes. (Saturdays / Classes begin from 8:00 a.m. - 12 p.m. depending on level)

Ages: 6 months to 4 years
 Dates: Sept. 8 - Sept. 27, 2010 (M&W)
 Sept. 4 - Sept. 25, 2010 (Sat)
 Oct. 4 - Oct. 20, 2010 (M&W)
 Oct. 2 - Oct. 23, 2010 (Sat)
 Nov. 1 - Nov. 17, 2010 (M&W)
 Oct. 30 - Nov. 20, 2010 (Sat)

Location: Patterson Park Community Center

Fee: \$60

Contact: Niki Hensley - 615-893-7439, nhensley@murfreesborotn.gov

** Registration is required.

Morning Water Aerobics

If you're looking for a great way to get in shape this fall and a great way to have fun all at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge, recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right. While the 9am class will sooth your joints and inspire you to spend more of your mornings in the pool because of how good you will feel afterwards!

Ages: ALL
 Days: Monday - Friday
 Time: 8 a.m. & 9 a.m.
 Location: Patterson Park Pool
 Fee: \$4.00 or premium pass
 Contact: Niki Hensley - 615-893-7439, nhensley@murfreesborotn.gov

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers, who are comfortable in the deep end of the pool.

Ages: 13+
 Dates: Ongoing
 Day: Tuesdays
 Time: 7:00 p.m. - 8:45 p.m.
 Location: Sports*Com Indoor Pool
 Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
 Contact: Nate Williams - 615-895-5040 / nwilliams@murfreesborotn.gov





Homeschool P.E.

Homeschool P.E. is for children from 1st – 9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times. Minimum of 4 children required to hold a class.

Ages: 1st – 9th grade
 Date: Tentative start date August 16
 Day: Monday, Tuesday, Wednesday and Thursdays
 Time: 1 pm – 2 pm
 Location: Patterson Park Community Center
 Fee: \$3 per child or Premium Admission
 Contact: Mike Philpott @ 893-7439 ext. 18

Home School P.E.—8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs. It is best for students to start at the first of the session for better understanding.

Ages: 13 to 17
 Date: Session 1: Sept. 13-Dec. 15
 Day: Mondays and Wednesdays
 Time: 1:00-1:45
 Location: Sports*Com Weight Room
 Fee: Premium Pass or \$3.00 each class --Students must pre-register by one week before chosen session. Space is limited.
 Contact: Allison Davidson, 895-5040

Youth Volleyball

Bump, set and Spike it at Sports*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: 11 - 18
 Dates: Thursdays
 Time: 4:30 to 6:00 p.m.
 Location: Sports*Com
 Fee: \$3 per visit
 Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Murfreesboro Parks and Recreation Department Youth League Basketball Sign-ups

Boys & Girls Ages 5-15

Monday-Friday October 1, 2010– October 31, 2010

8a.m-8p.m. Sports*Com

Monday-Friday October 1, 2010– October 31, 2010

8a.m-4p.m. Barfield Main Office

Saturdays Oct 9, 16, and 23, 2010

10a.m.-1p.m. Sports*Com & Patterson Park

Fee: \$50.00

Additional Information

Gary Arbit: 895-5040 or Thomas Laird 867-4913



Good
to Know!

Your child must be between the ages of 5-15 as of December 31, 2010 to be eligible for the Youth Basketball League. Proof of age is required at registration.

Adult 30+ Basketball

Looking for a little more organization in your pick up games? Adult 30+ Basketball is the solution. While playing on a smaller court players experience pick up style basketball with officials and scorekeepers. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: Adults
 Dates: Wednesdays beginning in August, 2010
 Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
 Location: Sports*Com
 Fee: \$3 per visit per person
 Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Adult Recreational Co-Ed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults
 Dates: Mondays beginning in September
 Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
 Location: Patterson Park
 Fee: \$4 per visit per person or premium pass
 Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Adult Power Co-Ed Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. . The league plays at Sports*Com on Thursday nights and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us and we will try to get you involved.

Ages: Adults
 Dates: Thursdays beginning in September
 Time: Games will begin at 6:00, 7:00 and 8:00 P.M.
 Location: Sports*Com
 Fee: \$4 per visit per person or premium pass
 Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov

Fall Racquetball League

The Racquetball League is designed for men and women of all skill levels, who are 13 years of age and older, to compete against others in about a seven week season with a tournament at the end of the season. Each player will be assigned an opponent, but it will be up to the players to schedule the exact time and day to play. The fee for the league is \$15(Patterson Park Community Center admission is not included in the \$15), which covers a league T-shirt and tournament prizes. Available Divisions are as follows: A = Pro, B = Advanced, C = Novice, Women's, 50 +, and 17 & Under. Each division has a minimum of four participants.

Ages: 13 and up
 Date: Sign-Ups: August 15 – September 19
 League Play: Tentative Start Date October 3
 Day: Day and time will be determined between opponents.
 Time: Day and time will be determined between opponents.
 Location: Patterson Park Community Center
 Fee: \$15 per player (Patterson Park Community Center admission is not included in the \$15)
 Contact: Mike Philpott @ 893-7439 ext. 18



Sunshine Players

MISSION

The Sunshine Players believes that the Arts are fundamental to a well-rounded childhood experience and is committed to providing quality children's drama education to the community. The Sunshine Players is a place where children and youth can cultivate imagination, self-expression and teamwork while learning the importance of discipline, self-confidence and a belonging to the community. We believe that the process is as, if not more, important as the outcome of the final production. Designed for children and youth between the ages of four and seventeen, the Sunshine Players produces a minimum of four productions per season.

MEMBERSHIP

The Sunshine Players is a membership group. Membership is \$30.00 per fiscal year. City residents who receive financial assistance at school are eligible for financial assistance for membership. Each member gets free acting lessons, a chance to be in at least one production, discount tickets to shows they are not in, a membership t-shirt, talent showcases, film workshops, special theatre nights, and an end-of-the-season Awards and Recognitions Dinner. Members are divided into two groups, Juniors and Seniors. Juniors are ages 4-10, and Seniors are ages 11-17. There is one production for Juniors only (usually held in the spring) and one production for Seniors only (usually held in the fall). Some shows allow for a specific number of characters only, and some shows have room for additional characters. On the shows that have room, every child who auditions will get a part. On the shows that cannot accommodate extras, we will utilize those who are willing to stage manage, work on costumes, props, set changes, etc., so that they are still part of the show.

AUDITIONS

Auditions are usually held on Sunday afternoons from 2:00 - 4:00 p.m. and on Monday evenings from 6:30 - 8:30 p.m. For newcomers, a parent must accompany the child, regardless of age, to fill out the Permission/Participation Form, which must be signed by the parent/guardian and is kept on file for several years, as is any other binding agreement. Audition dates are selected when the season is selected. Usually there are 6 weeks between auditions and the production. Audition information is posted in the Rec Connection and on the government cable channel. Some shows allow for a specific number of characters only, and some shows have room for additional characters. On the shows that have room, every child who auditions will get a part. On the shows that cannot accommodate extras, we will utilize those who are willing to stage manage, work on costumes, props, set changes, etc., so that they are still part of the show. Once auditions are complete and the show is cast, there is a meeting on the following Thursday for parents, actors, directors and staff. The directors will give their concept of the production. The staff will go over the rules of the Sunshine Players, The Theatre at Patterson Park, the City, what we expect from you and what you can expect from us. Also, a rehearsal schedule and notification concerning membership dues are given out, along with the Parents' Handbook, which must be signed off by the parent or guardian.

REHEARSALS

Rehearsals are usually held on Mondays, Tuesdays and Thursdays beginning at 6:30 p.m. and lasting anywhere from 1-2 hours. If the show is a musical, we may add rehearsals on Saturdays or Sundays. We understand homework and bedtimes; however, if your child is going to participate in other activities at the same time, you might have to make choices. If you cannot miss a sports practice (soccer, baseball, basketball, etc.), be aware you can also not miss a theatre rehearsal. Ours is a team effort as well.

PRODUCTIONS

We encourage parents/guardians to get involved also. We have opportunities for set building and painting, prop making or gathering, costumes, makeup, hair, stage assistants, box office assistants, placing posters, etc. We also welcome assistance with music, choreography, lighting and sound execution. Each cast member is given the opportunity to sell tickets at a discounted price. Ticket envelopes are handed out at the first meeting and are to be returned the Monday of production week. This gives us a count of what to expect and gives the patrons a break on ticket sales. Our tickets, at the box office, are \$7.50 for adults and \$6.00 for Youth & Seniors. Presale tickets are \$5.00 each, and members can get in for \$3.00.

**For more information, contact
Terry Ann Womack, Cultural Arts Coordinator,
615-893-7439, ext. 33, or twomack@murfreesborotn.gov.**



UPCOMING AUDITIONS CHRISTMAS TREASURY

A variety of Christmas stories, songs and traditions, the production is open to all members of the Sunshine Players. Members will not have to audition to be in the show, but to be selected for which part. All members who meet the criteria of the production schedule will be cast in the show.

Auditions: Monday, October 18 / 6:30-8:30PM

Production: Friday, December 10 at 7:00PM

Saturday, December 11 at 1:00 & 7:00 p.m.

Location: The Theatre at Patterson Park

Fee: Participants: Sunshine Players Membership

Patrons: Tickets - Adults, \$7.50 / Seniors & Youth, \$6.00/ Current SP Members \$3.00

Contact: Terry Ann Womack - 615-893-7439 / twomack@murfreesborotn.gov

UPCOMING PRODUCTIONS MURDERED ALIVE!

Wealthy Marvin Ryder dies in a motor accident. His lawyer wires the heirs to come to Ryder's estate. The will mentions most relatives. But there are two codicils. Ryder states he knows he will be murdered. So he sets aside \$10,000 for apprehending the murderer and the same sum for the person or persons who capture the criminal! Action Chance, a detective, arrives. His attempts at solving the crime lead from one ludicrous situation to another. Come see our senior division (ages 11-17) in this who-dun-it comedy!

Production: Friday and Saturday

October 15 and 16 at 7:00PM

October 17 at 2:00PM

Location: The Theatre at Patterson Park

Tickets: Adults \$7.50 / Youth and Seniors \$6.00 / Current SP Members \$3.00

Contact: Terry Ann Womack - 615-893-7439 / twomack@murfreesborotn.gov

FILM MAKERS CLUB

The film makers club is designed for members of the Sunshine Players, ages 10 -17, who would rather be behind the camera than on the stage! The Club meets on the second Saturday of each month in The Theatre at Patterson Park. Club members will learn all about making movies, films and videos; will work on making movies for our Red Carpet showings; will assist the actors by filming rehearsals; and will record the productions of the Sunshine Players for our archives.

For more information, contact Michael Prevost, Theatre Manager, at 893-7439, ext. 32 or mprevost@murfreesborotn.gov



ACTING CLASSES

These classes are usually held in The Theatre at Patterson Park. However if there is a rental we will move to a designated place in the center. Information will be posted at the front desk regarding classes. Classes will start July 5, 2010, and run until Fall Break. After a week off, the classes will continue until Christmas Break. Those wishing to take acting classes must become members of the Sunshine Players and may sign up at any class.

Mondays - Junior Division (ages 4-10) / 5:30 - 6:15 PM (this group will be divided into two groups: ages 4-7 & 8-10 but will meet at the same time)

Tuesdays - Senior Division (ages 11-17) / 5:30 - 6:15 PM

Wee Play

New at Patterson Park, a program just for the “wee” ones, those children two years old and younger. Instructor-led activities will include puppets, instruments, parachute, crafts and story time. These sessions offer young children the opportunity to interact with children the same age while mom or dad is still close by.

Ages: 6 months-2 years
 Day(s): Mondays
 Dates: September-November (no class on September 6)
 Time: 10:00-10:45 am
 Location: Patterson Park Community Center
 Fee: Free with premium pass or \$3.00
 Contact: Trina Pullum, 893-7439

Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
 Days: Mondays & Wednesdays
 Time: 10:30-11:15 a.m.
 Location: Sports*Com Aerobic Room
 Fee: \$3.00 or premium pass. Preregistration is required.
 Contact: Allison Davidson, 895-5040

Preschool Gymnastics

This program is great for children ages 3-5 to learn the basics of gymnastics. In these classes they will learn balance, hand-eye coordination, fitness, and beginner level gymnastics skills.

Ages: 3-5
 Day(s): Wednesday
 Dates: Starts September 8
 Time: 9:00 am – 9:45am
 Location: Adult Gym
 Fee: \$3.00/child (8 week session)
 Contact: Jane Ogg, 615-893-7439
 (Registration required)

Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!

Ages: 3-5 years
 Days: Tuesdays & Thursdays
 Time: 10:45-11:15a.m.
 Location: PPCC Aerobics Room
 Fee: \$3.00 or premium pass
 Contact: Chad Hill, 893-7439

A, B, C, 1, 2, 3... Let's Go

This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, story, a short lesson (letter or number), and do a craft! Hold on because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years
 Day(s): Every Tuesday and Thursday
 Dates: September-November (no class November 11 or 25)
 Time: 10:00-10:45a.m.
 Location: Patterson Park Community Center
 Fee: Free with premium pass or \$3.00
 Contact: Trina Pullum, 893-7439 (Registration required)

Book Worms

Preschool age children and their parents visit different stations for a yummy snack craft, an art craft, and a story/cuddle time in the MHL Library. Each month this is based on a selected children's book or theme.

Ages: 3-5 years
 Day(s): 2nd Thursday of each month
 Dates: September 9, October 14 (No class in November)
 Time: 10:00-11:00a.m.
 Location: Patterson Community Center-MGL Library
 Fee: Free with premium pass or \$3.00
 Contact: Trina Pullum, 893-7439

Toddler Time with Thomas

Little kids love to play and have fun. That's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and Under
 Dates: Fridays
 Time: 10 a.m.
 Location: Sports*Com
 Fee: \$3 per visit
 Contact: Thomas Laird, 867-4913
 tlaird@murfreesborotn.gov



Harvest Time Tea Party

The weather is changing. It's time to bring out your favorite warm clothes. Wear your favorite sweater, and let's get cozy with a cup of hot tea and fall-themed goodies..including crafts and games.

Ages: 3-7
 Day(s): Saturday
 Dates: September 25
 Time: 11am - 12:30 pm
 Location: GED room
 Fee: \$3.00/child
 Contact: Trina Pullum, 615-893-7439- Class is limited to 15 (Registration required)

4-H with Mr. Shirley

Michael Shirley of the Rutherford County Extension Service will lead youth in various educational programs based on science, engineering and technology. Such classes will include food science, bridge building, GPS location, plus lots more interesting topics and activities.

Ages: 8 - 12 years of age
 Day(s): Second and third Wednesday of each month
 Dates: September-May
 Time: 3:30-4:30 pm
 Location: PPCC Arts and Crafts Room
 Fee: Free
 Contact: Trina Pullum, 615-893-7439



Sunday Series of FUN

Back-to-School Crafts

Ages: Families (including single parents, and extended families)
 Date: September 12, 2010
 Day: Sunday
 Times: 2:00 - 4:00 pm
 Location: Old Fort Park Pavilion #3
 Fee: A bag of nonperishable food items per family
 Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov

Shrink Art for Halloween

It's time for bats, ghosts, and goblins!

Ages: Families (including single parents, and extended families)
 Date: October 10, 2010;
 Day: Sunday
 Times: 2:00 - 4:00 pm
 Location: Old Fort Park Pavilion #3
 Fee: A bag of nonperishable food items per family
 Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov

Presents! Time

We are getting an early start on making holiday presents & decorations!

Ages: Families (including single parents and extended families)
 Date: November 14, 2010
 Day: Sunday
 Times: 2:00 - 4:00 pm
 Location: Old Fort Park Pavilion #3
 Fee: A bag of nonperishable food items per family
 Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov



Cannonsburgh Village . . .

The original name of Murfreesboro, Cannonsburgh, welcomes visitors to a southern-style village, circa 1800-1925, located at 312 S. Front Street in Murfreesboro, TN. Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and gift shop.

Village and Office Hours: Open Tuesday through Saturday, 10 a.m. – 5 p.m., Sunday, 1 p.m. – 5 p.m. Closed on Monday.

The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Tuesday through Saturday, 10 a.m. – 5 p.m. for rental fee and day/time availability at 615/890-0355.



L & T Photography Presents Cannonsburgh Village Photo Contest

Now is the time to enter your beautiful photos of Cannonsburgh Village in the photo contest. Submit your past or present photo of Cannonsburgh Village. The winner will be announced at Harvest Days, October 23, 2010.

Ages: All
Date: September 1 through October 15, 2010
Day: Any
Time: Photos due October 15, 2010
Location: Cannonsburgh Village
Fee: Free
Contact: E-mail your favorite photo to lisawinsett@att.net. Photos will not be accepted after October 15. Call 890-0355 for information or e-mail shodges@murfreesborotn.gov

Fall Candlelight Tours of Cannonsburgh Village

Come take advantage of the crisp Autumn nights, and explore the historic buildings of Cannonsburgh Village, while hearing the stories behind them. The tour will be conducted by a costumed tour guide, and the buildings will be open for viewing.

Ages: All
Dates: November 12 and November 19, 2010
Days: Friday
Time: Tours at 7 p.m. and 8 p.m.
Location: Cannonsburgh Village
Fee: \$2.50 per person
Contact: Kathy Wallace at Cannonsburgh Village, 890-0355
Reservations Required.



Teddy Bear Tea at Cannonsburgh Village

Reserve your spot now, as space is limited for our Teddy Bear Tea. Bring your favorite teddy bear and celebrate autumn in your finest attire. Refreshments will be served. Reservations required.

Ages: 4 - 10
Date: September 11, 2010
Day: Saturday
Time: 1p.m.-3p.m.
Location: Cannonsburgh Village
Fee: \$2.50 per child
Contact: Cannonsburgh Village/Reservations required. Limited space.
Call Kathy at 890-0355 or email tcline@murfreesborotn.gov

Pet Costume Photos

Bring your pet to Cannonsburgh Village in your favorite costume for photographs. L & T Photography will be on site for photographs. Photo packages will be available for purchase.

Ages: All
Date: October 9, 2010
Day: Saturday
Time: 2:30 p.m.-5:30 p.m.
Location: Cannonsburgh Village
Fee: Packages available for purchase
Contact: Cannonsburgh Village, 890-0355, or email tcline@murfreesborotn.gov

Kids Costume Photos

Bring your children to Cannonsburgh Village for photographs in their favorite Halloween/Harvest costumes. L & T Photography will be on site for photographs. Packages will be available for purchase.

Ages: All
Date: October 9, 2010
Day: Saturday
Times: 9 a.m.-2 p.m.
Location: Cannonsburgh Village
Fee: Packages available
Contact: Cannonsburgh Village, 890-0355, or
e-mail tcline@murfreesborotn.gov.

Breakfast with Santa

Make your reservations now for breakfast with Santa. Enjoy breakfast with Santa and one free 4 x 6 photo per family. Reservations must be made and fee paid no later than November 5, 2010.

Age: All
Date: November 13, 2010
Day: Saturday
Times: 8 a.m. (first seating) 9:30 a.m. (second seating)
Location: Jaycees Building at Cannonsburgh Village
Fee: Under age 5 free with paying adult, ages 6 and up \$10 per person
Contact: Cannonsburgh Village, 890-0355. Reservations required no later than November 5, 2010. Please e-mail tcline@murfreesborotn.gov

Pet Photos with Santa

Bring your favorite dog or cat to Cannonsburgh Village for a picture with Santa. Photos will be limited to canines and felines only.

Age: Any
Date: November 13, 2010
Day: Saturday
Time: 11:30 a.m.-1:30 p.m.
Location: Cannonsburgh Village
Fee: Packages available
Contact: Cannonsburgh Village, 890-0355, or e-mail tcline@murfreesborotn.gov.



Community Bingo

Join other adults for a lively game of Bingo. Small prizes are awarded along with a Grand Prize drawing at the conclusion of the game. Your Bingo admission will also allow you to visit the Game Room for a game of pool or walk the fitness track. What a value!

Ages: Adults and Seniors
 Day(s): Third Wednesday of each month
 Dates: September 15, October 20, November 17
 Time: 10:00-11:00a.m.
 Location: PPCC Dining Room
 Fee: \$2.00, includes admission
 Contact: Trina Pullum, 893-7439

MGL & Patterson Park Senior Fellowship

Look forward to opportunities to learn new skills; be kept abreast of what is happening in your community; enjoy informative speakers on topics of interest to seniors; activities, food and lots of fun. Hosted by Cornelia Cooper with the MGL Library and Trina Pullum.

Ages: Seniors
 Day(s): The first Thursday of each month
 Dates: September 2, October 7, November 4
 Time: 12:00-1:30 pm
 Location: MGL Library inside Patterson Park
 Fee: Free
 Contact: Trina Pullum, 615-893-7439

Bead Buddies & "Loomy Birds"

Bring your current needlework project, knitting loom, or beads, wire, and jewelry tools for an enjoyable and productive afternoon.

Ages: 60+
 Date: September 1 thru November 24, 2010
 Day: Wednesdays
 Time: 1:30 – 3:30 p.m.
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 893-2141, or
 msewell@murfreesborotn.gov



BYO Salad Fixings and Cards

It's Bring Your Ownsalad fixings

We'll bring the lettuce and salad dressings; the St. Clair staff will bring the bowls, salad cheeses, and drinks. Please bring a salad item to feed 12 to 15 people. Dinner begins at 5:30 p.m. with card playing beginning around 6:30 p.m.

Ages: 60+
 Date: September 2, 2010
 Day: Thursday
 Time: 5:30 to 9:30 p.m.
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street

Admission: Salad fixings for 12 to 15 people (tomatoes, onions, olives, eggs, Garbanzo beans, sprouts, carrots, cucumbers, etc. or bring your own speciality salad.

Register by calling: 848-2550

Contact: Marlane Sewell, 893-2141, or
 msewell@murfreesborotn.gov



Senior Wellness Expo

St. Clair Street Senior Center is changing their fall health fair to an all out Wellness Expo.

Come check out the offerings of the Murfreesboro Parks & Recreation Department throughout the city that can help keep you mentally and physically fit.

Ages: 60+
 Date: September 15, 2010
 Day: Wednesday
 Time: 9:00 a.m. to 3:00 p.m.
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Fee: \$5.00 at the door
 Contact: Lisa Foster, 848-2550, or lfoster@murfreesborotn.gov regarding the expo.
 Allison Davidson, 895-5040, or adavidson@murfreesborotn.gov or
 Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov
 for information on MPRD offerings.



St. Clair Classics

September Harvest Day Dance

Enjoy an evening of dancing to the music of the Debbie Bailes Trio; Admission is \$5.00 per person at the door. For more information call Yvonne Jones, 896-6050.

Ages: 60+
 Date: September 24, 2010
 Day: Friday
 Time: 7:00 to 10:00 p.m.
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Fee: \$5.00 at the door
 Contact: Yvonne Jones, 896-6050.

Beginning Weaving Oct 1 – Nov 19

Learn the basics of weaving on a rigid or single harness loom. Equipment & supplies furnished. Class is limited to 6 participants.

Ages: 60+
 Date: October 1, 8, 15, 29, November 5, 12, 19, 2010
 Day: Fridays
 Time: 1:30 – 4:00 p.m.
 Location: Hosted by St. Clair Street Senior Center, 325 St. Clair Street
 Contact: Marlane Sewell 615/893-2141; msewell@murfreesborotn.gov

Fish Fry and Card Party

We'll fry the fish; you bring the dish. A side dish that is: salad, vegetable, dessert, or fruit for 10. Dinner begins at 5:30 p.m. with card playing beginning around 6:30 p.m.

Ages: 60+
 Date: October 15, 2010
 Day: Friday
 Time: 5:30 to 9:30 p.m.
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
 Admission: Salad, vegetable, dessert or fruit for 10.
 Register: Call 848-2550.
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov



Halloween Holiday Shrink Art

Make charms to be used for necklaces, bracelets, or earrings. Bring drawings or clip art; MPRD will furnish some also. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+
 Date: October 18, 2010
 Day: Monday
 Times: 1:00 to 4:00 pm
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 615-893-2141, or msewell@murfreesborotn.gov

Senior Citizen's "Day in the Park" It's a Carnival!

We're going to enjoy the carnival before it opens for the kids. Bring your carnival skills and help play the game too! Prizes provided. Make your reservation by calling St. Clair Street Senior Center, 848-2550; sign up for lunch at the same time. Lunch provided by Mid-Cumberland Nutrition.

Deadline is Wednesday, October 13, 2010

Ages: 60+
 Date: October 21, 2010
 Day: Thursday
 Time: 10:00 a.m. to 2:00 p.m.
 Location: Barfield Crescent Park
 Fee: None
 Registration required and includes lunch: call 848-2550
 Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

St. Clair Classics

October Halloween Dance

Enjoy an evening of dancing to the music of the Bill Sleeter Trio. Admission is \$5.00 per person at the door. For more information call Yvonne Jones, 896-6050.

Ages: 60+
 Date: October 22, 2010
 Day: Friday
 Time: 7:00 to 10:00 p.m.
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Fee: \$5.00 at the door
 Contact: Yvonne Jones, 896-6050



Halloween Party and Ghost Bingo

Dress up or not; join us to celebrate Halloween. Cosponsored by MPRD and St. Clair Street Senior Center. Please make reservations by calling 848-2550. Space is limited.

Ages: 60+
 Date: October 29, 2010
 Day: Friday
 Time: 9:00 to 11:00 a.m.
 Register by calling: 848-2550
 Location: St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 893-2141; msewell@murfreesborotn.gov or Lisa Foster: 848-2550; lfoster@murfreesborotn.gov

Christmas Tree Earrings

Bring green sequins of any size and learn to make tree earrings. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+

Date: November 8, 2010

Day: Monday

Times: 1:00 to 4:00 pm

Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street

Fee: None

Contact: Marlane Sewell, 615-893-2141, or
msewell@murfreesborotn.gov



Potluck & Bingo

It's potluck for dinner. MPRD furnishes the meat, and seniors provide the sides. Dinner begins at 5:30 p.m. Bingo begins at 6:35 p.m.

Ages: 60+

Date: November 18, 2010

Day: Thursday

Time: 5:30 to 8:00 p.m.

Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street

Admission: Wrapped bingo prize (valued under \$10.00) and Salad, vegetable, dessert, or fruit to serve 10 people

Register by calling: 848-2550

Contact: Marlane Sewell, 893-2141 or
msewell@murfreesborotn.gov



St. Clair Classics

November

Thanksgiving Dance

Enjoy an evening of dancing to the music of the Debbie Bailes Trio. Admission is \$5.00 per person at the door. For more information call Yvonne Jones, 896-6050.

Ages: 60+

Date: November 12, 2010

Day: Friday

Time: 7:00 to 10:00 p.m.

Location: St. Clair Street Senior Center, 325 St. Clair Street

Fee: \$5.00 at the door

Contact: Yvonne Jones, 896-6050.



Wild Things

Frogs, birds, and bugs...oh my! Salamanders, snakes, and squirrels that fly! Toddlers learn to play and sing, and take home crafts with nature themes. Adventures made one-size fits all...so tots and parents can have a ball!

Ages: 1 – 4 years with adult

Day: Wednesdays

Times: 9:30 a.m.

(Call on the Tuesday before for reservations.)

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station, 217 – 3017. Reservation required.

Growing Up Wild

Has your toddler “graduated” from Wild Things and is looking for the next step? Growing Up Wild is an internationally used program developed by Project Wild that helps explore nature with young children to foster an interest and appreciation of wildlife and the natural world around them. Come join us for a Wild Time!

Ages: 3 – 6 years with adult

Day: Wednesdays

Time: 10:30 a.m. (Call on the Tuesday before for reservations.)

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station, 217 – 3017. Reservation required.

Strollercoaster Mom's Group

Use your baby's stroller as portable equipment while we power walk on the Greenway for an hour. Then join us for an optional “Stay and Play” for the kids to have a little non-stroller time. Enjoy meeting other moms and get in shape while exploring Murfreesboro and spending time with your child! Anyone can join in at anytime. No membership or registration is necessary!

Ages: Birth – 5 years and adults

Time: 9 a.m. – 10 a.m. to walk, then stay and play until 10:30 or so

Fee: Free

Contact: Angela Jackson at 893-2141, or ajackson@murfreesborotn.gov

In inclement weather, call 890-5333 for cancellation information.

Thursday	Location	Stay and Play
Sept. 2	General Bragg Trailhead	playground
Sept. 9	Barfield Crescent Park, Shelter #4	playground
Sept. 16	Old Fort Park, meet behind Kids' Castle	playground
Sept. 23	Thompson Lane Trailhead	play equip. provided
Sept. 30	Cason Trailhead	playground
Oct. 7	College Street Trailhead	playground
Oct. 14	Cannonsburgh Trailhead	explore the village
Oct. 21	Old Fort Park, Overall Street Trailhead	playground
Oct. 28	Murfrees Spring Wetland (at Discovery Center)	playground or museum
Nov. 4	Barfield Crescent Park, Wilderness Station	meet/greet the critters
Nov. 11	General Bragg Trailhead	playground
Nov. 18	Thompson Lane Trailhead	lunch together, TBA

*Find addresses and map-links for each location at www.murfreesborotn.gov/parks

Have your child's next
birthday party at
the Wilderness Station!

Choose one of our exciting nature themed programs led by a park naturalist. Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/parks under Wilderness Station.



Teachers, Homeschoolers & Scouts

Field Trips & Field Studies for your group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 217-3017. Also, you may e-mail rsinger@murfreesborotn.gov or check out our website at www.murfreesborotn.gov/parks under Greenway & Wetlands or Wilderness Station.

Homeschool in the Wilderness

Supplement your homeschooler's science curriculum with this in-depth, 8-month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins September 1, 2010. Limited spaces will be available, so register early!

Ages: 8 – 10 years
 Dates: September 30, 2010 – May 2011
 Days: Last Thursday of the month
 Time: 9:00 a.m. – 12:00 noon
 Location: Wilderness Station
 Fee: \$40.00 for 8-month program
 Contact: Registration is required. For questions or to register, call Rachel Singer at 217 – 3017 or rsinger@murfreesborotn.gov.

Wandering Waters

Join us in this series as we look at our waterways that “wander” through Murfreesboro. Get a better understanding of where our water comes from and the importance of a good, clean source. Be prepared to get wet, as we will look at the Stones River, its tributaries, and the wetlands that surround our watershed. We will find new ways to discover the plants, animals, and qualities that make up this vital resource. Space is limited, so register early.

Ages: 10 – 15 years
 Dates: Thursdays, September 2 - 23, 2010
 Time: 1p.m. – 3 p.m.
 Location: Will vary (all within Murfreesboro)
 Fee: \$20 for all 4 classes
 Contact: Rachel Singer at 217 – 3017 or rsinger@murfreesborotn.gov
 Registration is required by August 20, 2010.

Animal Encounters

What is that crawling, slithering, sliding, flying, and hopping across the trail or even in your backyard? Each week we will look at one of our resident education animals for a mini lesson of animals that call Tennessee home. Come out and meet the best teachers we have – the animals!

Ages: All
 Day: Saturdays
 **No Animal Encounters: September 18th and 25th, October 23rd, November 6th **
 Time: 1:30 – 2 p.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 217-3017

Turtle Searches

Calling all researchers – whether you are a junior scientist, senior scientist, animal lover, or interested citizen, join us as we continue our box turtle study right here in Murfreesboro. These lovable reptiles are losing ground and listed as a species of concern in Tennessee due to habitat loss and being taken as household pets. Now is your chance to be a part of a research team to collect data on this important species and make a difference! Participate in one or as many as you wish. Information on the box turtle and instructions will be provided upon arrival.

Note: This is an off-trail experience in the woods; please wear long pants and closed-toed shoes or boots. Bug spray and water are recommended.

This program may also be scheduled for small groups, clubs, or scouts.

Ages: 8 and up
 Dates: Tuesdays, September 28th, October 5th, and 12th
 Time: 9 a.m. – 11 a.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Rachel Singer at 217 – 3017 or rsinger@murfreesborotn.gov

The Friends of the Greenway presents: Greenway Art Festival

A gathering of the finest artisans in Tennessee! Artists will be displaying and selling their works along the trail: oils, acrylics, watercolors, pottery, silversmithing, sculpture, glass, and more. Trailside music, food vendors, and activities for children will make this an artistic outing for the whole family.

Artists: This is a juried festival; please contact us for an application.

Ages: All
Date: Saturday, September 18, 2010
Time: 10:00 a.m. to 4:00 p.m.
Location: Old Fort Park
Fee: Free to attend. Please remember that most artists can't take credit cards.
Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

Fall Harvest Hayride

HAYRIDES - LIVE MUSIC - CAMPFIRE - CHILDREN'S ACTIVITIES - HOT-DOGS, MARSHMALLOWS, AND MORE!

Join the Friends of the Greenway and Murfreesboro Parks and Recreation Department for this 13th annual event. Old-fashioned entertainment that is fun for the whole family.

Ages: All
Date: Friday, October 8
Time: 5:00 p.m. to 8:00 p.m.
Location: General Bragg Trailhead of the Murfreesboro Greenway System, 1540 West College Street
Fee: \$2 per person; ages 2 and under are free. This includes a hayride and marshmallows. Food sold separately.
Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov



Kid's Concert!

The Zinghoppers! We make positive pop music for preschoolers and their families. We have been called "Barney meets the Black Eyed Peas." Our leader is Conductor Jack (vocals/turntables). He drives his friends Penelope The Possum (vocals/bass), Olo The Donkey (vocals/guitar) and Coconut The Kangaroo (vocals/drums) to our concerts in the Happy Train. From the classroom to the Kennedy Center, we perform over 500 events annually. Parent Magazine named us, "Nashville's #1 Kids Entertainers." We have released several award-winning CDs. Our debut DVD is coming this summer, and we have begun production on our first TV series for preschoolers. So get ready to hop-hop-hop with The Zinghoppers!

Ages: Kids and their families
Date: Sunday, October 10
Time: 2:00 p.m. to 3:00 p.m.
Location: Cason Trailhead of the Murfreesboro Greenway System, 1100 Cason Trail
Fee: Free!
Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

FREE Backpacks for Education!

The Greenway and Wilderness Station are now offering free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and programs surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness.

Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.

Family Campout

It's still backpacking but made as family-friendly as possible. Begin with an easy 1-mile hike in to the campground. Once there, park staff will be on hand to help you set up and settle in. Various activities will be planned throughout the night for you to choose to participate in or just relax in front of the campfire. Dinner and breakfast will be provided and are included in your registration fee. Guided Night Hikes, Owl Prowls, Children's Activities and Games, Campfire Fun, and Music will make this camping experience a night to remember.

Tents (2-person & 4-person), ground cloths, sleeping pads, and backpacks (available in both youth and adult sizes) are available by request when registering to camp. Don't forget to schedule your Wilderness Awareness Workshop when you register – this workshop is required before you camp.

Menu –

Dinner: Hotdogs or Campfire Pita Pizza, chips, baked beans, drink

Dessert: S'Mores

Breakfast: Muffins, coffee, and orange juice

Ages: All

Dates: September 10th and November 13th

Check-in: Between 4:30 – 6:30 p.m. at the Wilderness Station

Location: Barfield Crescent Backcountry Campground

Fee: \$10.00 / Adult -- \$5.00 Children 5-12 – Children 4 and under are free with paying adult.

***Fee due upon completion of Wilderness Awareness Workshop ***

Contact: Wilderness Station, 217 – 3017. Reservation required.



Campfire Circle

Campfires are filled with magic and make great memories for families, couples, and individuals. Join us on a fun and memorable adventure and leave your worries at home. First, meander along a paved trail at twilight for a guided nature hike. Fall is a busy time for the animals as they have to make preparations for the long winter ahead. Learn how they are getting ready and what adaptations they have to help them survive. Arrive at the glowing fire for a tasty treat, and then settle in for songs, skits, and friendships that ignite. It's fun for the whole family.

Ages: All

Dates: Fridays, September 3rd, October 1st, 15th

Time: 6:30 p.m. September – October

Date: Saturday, November 20th

Time: 5:30 p.m.

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station, 217 – 3017. Reservation required.





Things That Go Bump in the Night Hike

Strange things come out at night. Join us on an eerie walk through the trails of Barfield Park. Along the way meet some creatures that will expose the myths about the sometimes creepy, usually misunderstood, nighttime animals that like to come out when the sun goes down.

Ages: 6 and up
 Dates: Saturday, October 16th, and Friday, October 29th
 Time: 6:30 - 8:00 p.m. (Groups will leave approximately every 10 minutes.)
 Location: Wilderness Station
 Fee: \$3.00
 Contact: Wilderness Station, 217 - 3017. Reservation required.

Adult Bird Hike and Coffee Talk

Search for fall migrants and resident birds of Barfield Crescent Park with a park naturalist and then stay for a cup of migratory bird – friendly coffee and visit with friends new and old. Please bring your own binoculars if you have them. We have a few to lend out on a first-come, first-served basis. All levels of experience are welcome and appreciated. Reservations are required.

Ages: Adult
 Dates: Tuesday, September 14th
 Time: 7:30 a.m.
 Dates: Saturday, October 9th, and Tuesday, October 12th
 Time: 8:30 a.m.
 Location: Wilderness Station
 Fee: Free
 Contact: Wilderness Station, 217 - 3017.

Bird Club

The great city of Murfreesboro now has its very own bird club! This group meets monthly at different locations all around the city. We welcome all levels of experience and encourage anyone who is interested in birds and bird behavior to join us! Please call the Wilderness Station for monthly dates and times. We look forward to seeing you!

Senior Fall Hike Series

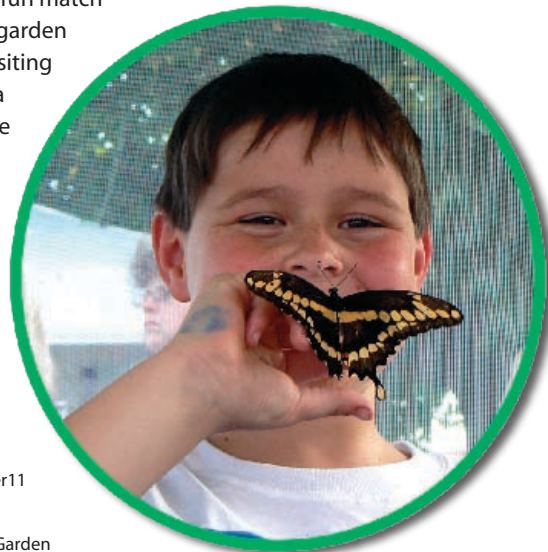
Fall is in full swing, so, seniors come out and enjoy the beautiful colors, crisp air, and the beauty of nature as we hike along our paved trail for an easy stroll. A naturalist-led hike will let you experience the flavor of fall here at Barfield Crescent Park.

October 26th	Birds
November 2nd	Trees
November 9th	Fall Wildflowers
Ages:	Adult
Dates:	Tuesdays, October 26th, November 2nd, and 9th
Time:	9:00 a.m.
Location:	Wilderness Station
Fee:	Free
Contact:	Wilderness Station, 217 - 3017.

Dragonflies, Damsels, and Butterflies

Flying artwork! Have you noticed? Colors, patterns, speed and grace! Discover what these species have in common. Mother Nature willing, we'll have some live examples for you to view up close! Then, after playing some fun match games, we'll explore the garden and pond to see who's visiting there! Perhaps we'll see a Tiger Swallowtail or a Blue Dasher!

Ages:	All
Dates:	Thursday, September 9 Saturday, September 11
Day:	Thursday & Saturday
Time:	6 p.m. on September 9 2 p.m. on September 11
Fee:	Free
Location:	Wilderness Station Garden
Contact:	Deborah Paschall, 893-2141, or dpaschall@murfreesborotn.gov



Let's go Froggin'

It's a frog hunt! Discover the fun of finding frogs at night! First, we'll identify the frogs by their calls – then we'll try to find them! It's fun to wade and explore by flashlight! Be ready to slip and slide (and probably get a little wet and muddy) by remembering to wear older clothes, long pants, rubber boots, and/or your water shoes/old tennis shoes. No flip flop sandals please. Come on out, Mom and Dad! Be a kid again! Come out and play!

Ages: All
 Dates: September 10 & October 15
 Day: Fridays
 Time: 7:30 p.m.
 Location: September 10 – Oakland Spring (meet at the New Playground)
 October 15 – Cason Lane Trailhead Playground
 Contact: Deborah Paschall, 893-2141, or dpaschall@murfreesborotn.gov



Trees, Leaves, and Oxygen, Please!

Grab a leaf chart (provided) and find a match! Have fun learning to identify the trees of our region by their leaves. Discover how the tree lives, breathes, and feeds those leaves in a brief reenactment by a cast of characters. Keep your chart (and leaves) for school projects. Tree-mendous family fun!

Ages: All
 Dates: Friday, September 17 – 6 p.m.
 Saturday, October 16 – 10 a.m.
 Day: Friday and Saturday
 Time: 6 p.m. on September 17
 10 a.m. on October 16
 Fee: Free
 Location: September 17 – Wilderness Station Garden Area
 October 16, Cason Lane Trailhead Playground
 Contact: Deborah Paschall, 893-2141, or dpaschall@murfreesborotn.gov



The F.U.N. Project (Families Understanding Nature)

Working to reduce "Childhood Nature Deficit" and "Childhood Obesity," the F.U.N. Project is a cooperative learning partnership that encourages students and their parents to "get outdoors and play!" The Murfreesboro Parks and Recreation Dept. will be working with the Murfreesboro City Schools staff by supplementing their curriculum with monthly "topic-related" in-school programs.

The F.U.N. Project's pilot schools will include Hobgood, Bradley and Barfield Elementary. Other schools wishing to participate in the F.U.N. Project may do so by contacting Deborah Paschall at 893-2141 or by emailing to "request more information." A complete schedule of speakers and topics will be available upon request by contacting dpaschall@murfreesborotn.gov. A fee of \$1.00 per student will be charged in most, but not all situations.





BIG SALE

*All Discs and Accessories
on Sale*

*Visit the Pro Shop at the
Wilderness Station*

Sale starts the day after Thanksgiving



**Visit The Shop at the
Wilderness Station**

Unique gifts

Local artisans

Books on the area

Education animals

MJ's Detroit Hustle Soul Line Dance

Dancing is an excellent way to lose weight, lower your blood pressure and cholesterol. You can laugh and meet new friends. New dances taught each month. Never danced before? No problem. Walk-ins are welcomed. No dancer left behind, on-site instructors.

Ages: All Ages
 Day/Time: Mondays 10:30 am – 11:30 am 7:30 pm – 8:30 pm
 Wednesdays 10:30 am – 12:30 pm
 Fridays 6:00 pm – 8:00 pm
 Location: PPCC Exercise Studio
 Fee: \$20 monthly /\$5 drop in
 Contact: MJ Hollins 713-8143 or digitalmj@bellsouth.net

Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages: All
 Dates: Ongoing
 Days: Tuesday, Thursday, Saturday
 Time: T & Th 7:30pm – 8:30pm, Sat. 10am – 12:00pm
 Location: PPCC Exercise Studio
 Fee: Contact Bryan
 Contact: Bryan Todd 584-1024

Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up
 Dates: Ongoing
 Days: Thursdays, Fridays or Saturdays
 Time: Thursday 5:30-6:45 pm, Friday 7:00-8:00 am, Saturday 12:30-1:30 pm
 Location: Friday and Saturday: Patterson Park Exercise Studio
 Thursday: Sports*Com meeting room
 Fee: Contact Bret Hawkins for specifics
 Contact: Bret Hawkins @ 895-4932 or bretchawkins@juno.com

Half Marathon Training for Beginners

..... Continues!!!

Yes, we're still running!
 Yes, there is still time for you to join us!
 We have 6 weeks remaining in our training for the Murfreesboro Middle Half Marathon.
 We started on April 12th, and we accomplished our first 5K!
 We added a fourth day of running and two days of strength training in July!
 Now we are nearing the finish line – only 6 weeks to go!
 If you're tired of training alone or need some new company while you run, visit the Sports Com - we're here waiting for you.
 To join us, please stop by Sports*Com and complete the registration forms.

Age: Adult
 Day: Monday, Wednesday, Friday and Saturday - running
 Time: 6:00am -7:00am
 Location: Meet in the Sports*Com lobby
 Saturday, we will meet at the greenway
 Fee: FREE
 Contact: Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov
 Registration Required

*Ability to run 10 miles



Dance!

Get the dance school experience at a fraction of the cost!
 Students will learn the essentials of ballet, jazz and hip-hop in a disciplined classroom environment. Age-appropriate music, costumes and choreography will be selected. The students will showcase their hard work and talent at a recital in the Theatre at Patterson Park in May 2011. Monthly tuition includes classes, T-shirt, costume and recital fees!
 Proper dance attire and shoes are recommended. Classes begin September 8, 2010. Space is limited. Registration begins

August 9, 2010.

Ages: 3-12
 Dates: September 2010 through May 2011
 Days: Wednesday or Thursday
 Time: 11:30 am-12:15 pm Thursday (ages 3-5)
 3:45-4:30 pm Wednesday (ages 5-7)
 4:30-5:15 pm Wednesday (ages 8-12)
 Location: PPCC Exercise Studio
 Fee: \$25.00 per month
 Contact: Jane Ogg at 893-7439, ext. 23, jogg@murfreesborotn.gov

PATTERSON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Cardio Blast 8:30 - 9:30a.m.	Pilates 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Saturday Surprise 9:00 - 10:00a.m.
	Zumba 4:30 - 5:30p.m.		Step-n-Sculpt 4:30 - 5:30p.m.	Body Sculpt 4:30 - 5:30p.m.	
Step-n-Sculpt 5:30 - 6:30p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Body Sculpt 5:30 - 6:30p.m.	Cardio Blast 5:30 - 6:30p.m.		
Yoga 6:30 - 7:30p.m.	Step-n-Sculpt 6:30 - 7:30p.m.	Yoga 6:30 - 7:30p.m.	Zumba 6:30 - 7:30p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

Have fun while giving your heart a great workout then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-Press 6:15 - 6:45 a.m.		X-Press 6:15 - 6:45 a.m.			
Yoga 8:00 - 9:00a.m.	Tai Chi 7:00-7:45a.m.		Tai Chi 7:00-7:45a.m.			
Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Step/Tone 8:30 - 9:30a.m.	
Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro-Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro-Fit 9:15-10:00a.m.		
B-B-C 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Zumba 5:00 - 6:00p.m.	Step/Tone 5:00 - 6:00p.m.	Step 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C)

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. A total body workout that delivers results!

Core Energy

Use fluid moves, static holds and muscular contractions to strengthen the muscles of your torso (abs, back, and waist), hips and legs.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular classes. Perfect for older clientele and beginners alike. Basic moves focusing on strength and flexibility.

Step & Step/Tone

Consists of basic and not-so-basic step moves designed to give all fitness levels a heart-pounding workout. May include additional toning and abdominal exercises.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels. Consists of standing and moving postures.

Total Body

Nonstop workout, that uses dumbbells, a body bar, balls, steps, and even your own body weight to help you develop the lean muscle tissue you need for a toned body.

X-Press

30 minutes of straight weight-lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



Holiday Hold

Can you make it through the holidays without putting on the dreaded "holiday 10 (or more)" pounds? We'll reward you if you do. Sign up, weigh-in and measure-in October 25 through 29. Take your post measurements Jan. 3 through 7. Keep your weight within 5 lbs and your waist within one inch until Jan. and you may win a prize.

Ages: 18 and up
 Date: Oct. 25-29: Premeasurements; Jan. 3-7: Post-measurements
 Day: Workouts and activities done on own
 Time: Workouts and activities done on own
 Location: Sports*Com
 Fee: FREE (you must pay normal facility fees for any activities)
 Contact: Allison Davidson, 895-5040

Lose pounds – even on vacation!

Just when you're in a groove with your weight plan, you get hit by – Holiday curveballs- hotels with no gyms, decadent party fare, new restaurants. How to stay on track?

Travel with a fat-proof plan

~ Check out restaurant menus online before you enter the restaurant.

Or text whatever you're hungry for to 34381 (like-"Chili's chips and salsa" or "McDonalds ice cream"), within minutes you'll receive nutritional information. Compare all your options BEFORE you place your order

Wear workout gear & sneakers

~You'll be able to run through the airport. Plus, you'll be more apt to get up and move if you're delayed.

Pack Snacks

~Bring fruit, water, nuts, veggies, whole-grain cereal and low-cal/low-sugar energy bars.

Focus on other indulgences

~Catch up on sleep, drink lots of water, eat fresh fruit, and enjoy some pampering.

Take a daring fitness class

~Try something you might not try at home – boxing or salsa dancing. Find the nearest gym and score a free pass at www.gymticket.com.

Most important – Don't let your travels derail your diet.

Further information – Please call Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov



Early Morning Weight Training X-Press

Don't forget – we still offer early morning weight training!

Get your exercise finished before your day begins!

It can only make you stronger!

This 30-minute class is the perfect complement to our marathon training runs.

Focus will be on improving total body strength, endurance and flexibility.

Age: Adult
 Day: Tuesday and Thursday
 Time: 6:15am -6:45am
 Location: SportsCom Aerobic Room
 Fee: General Pass
 Contact: Jennifer Joines – 615-895-5040 or e-mail jjoines@murfreesborotn.gov

Free Fitness Tests at Sports*Com

Come into the weight room at Sports*Com each week of November for a different fitness assessment test:

Week One:	Body Circumference
Week Two:	Cardiovascular Endurance with a step test
Week Three:	Body Fat Percentage
Week Four:	Muscular Endurance

You'll receive a booklet to record your numbers as well as information on where you stand among the general population. Each test takes only a few short minutes. Only one test will be offered each week; only once per person.

Ages: 18 and up
 Days: Mondays Wednesdays and Fridays Nov. 1 - Nov. 26
 Time: Normal Operational Hours
 Location: Sports*Com Weight Room
 Fee: Free
 Contact: Allison Davidson, 895-5040

Wellness Services

Wellness Services Offered by Sports*Com and Patterson Park

Fitness Assessments--\$35.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

Cholesterol Testing--\$25.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is available ONLY at Sports*Com.

Personal Training

Accredited personal trainers will create an individually tailored workout schedule.

1 hour session = \$35.00

4- 1 hour sessions = \$120.00

8- 1 hour sessions = \$220.00

12- 1 hour sessions = \$300.00

15- 1 hour sessions = \$350.00

Fitness Assessments

What is a Fitness Assessment?

A fitness assessment consists of a complete Medical/Health History screening and a 45-60 minute battery of tests including: Resting heart rate, blood pressure, body composition, cardiovascular endurance, muscular strength, muscular endurance and flexibility testing. Individuals who wish to participate in a fitness assessment must make an appointment at least 24 hours prior to testing. Cost is \$35.00. Stop by the Wellness Centers or call Patterson at 893-7439 or Sports*Com at 895-5040.

What is the purpose?

- Provides information about your baseline fitness level and allows for comparisons to standardized norms to individuals of the same age and gender.
- Allows a fitness instructor to develop an exercise program to fit your needs based on the fitness assessment results.
- Motivates you to stick with the training program and allows for future retesting to measure improvement.
- The Health History screening is designed to identify any health/medical concerns which require a physician's clearance prior to starting a regular exercise program.
- Allows a fitness instructor to design a safe and effective exercise program based on your specific needs.

Our staff is
ready to help
YOU!



Call Today!

Patterson - 893-7439

Sports*Com - 895-5040





Don't miss out on...

Pre-School Pumpkin Patch

Fun & Games for little
trick-or-treaters!
(Details on page 11)



Fall Harvest Hayride

Hayrides-Live Music-Campfire-
Childrens Activities-Hot Dogs-
Marshmallows- & More!
(Details on page 10)



Spooky Splash!

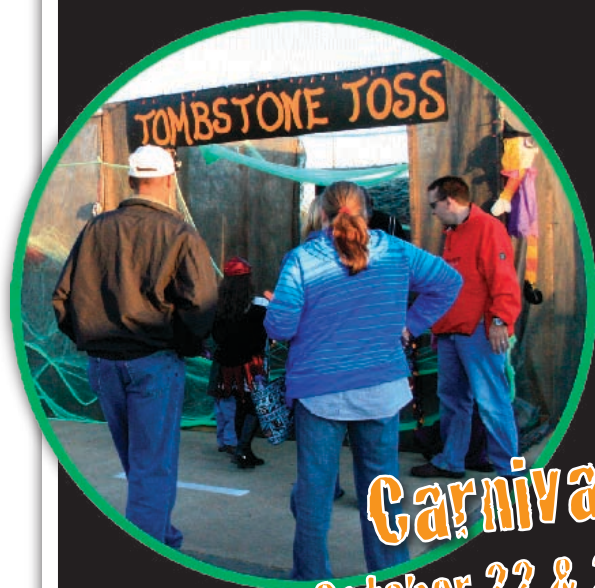
Jump in to a spookin' good time!
(Details on page 11)



Barfield Halloween Bash

Old Scream Road

October 20-23, 2010 - Starts at Dark
\$5.00 per Person



Carnival

October 22 & 23, 2010
Starts at 5 PM



Not-So-Haunted Hayride
October 22 & 23, 2010 - 5-7 PM
\$3.00 per Person

Games. Prizes, Costume Contests, Candy, Food, Music,
Dancing & More!

Free Admission; Fees for food & game tickets